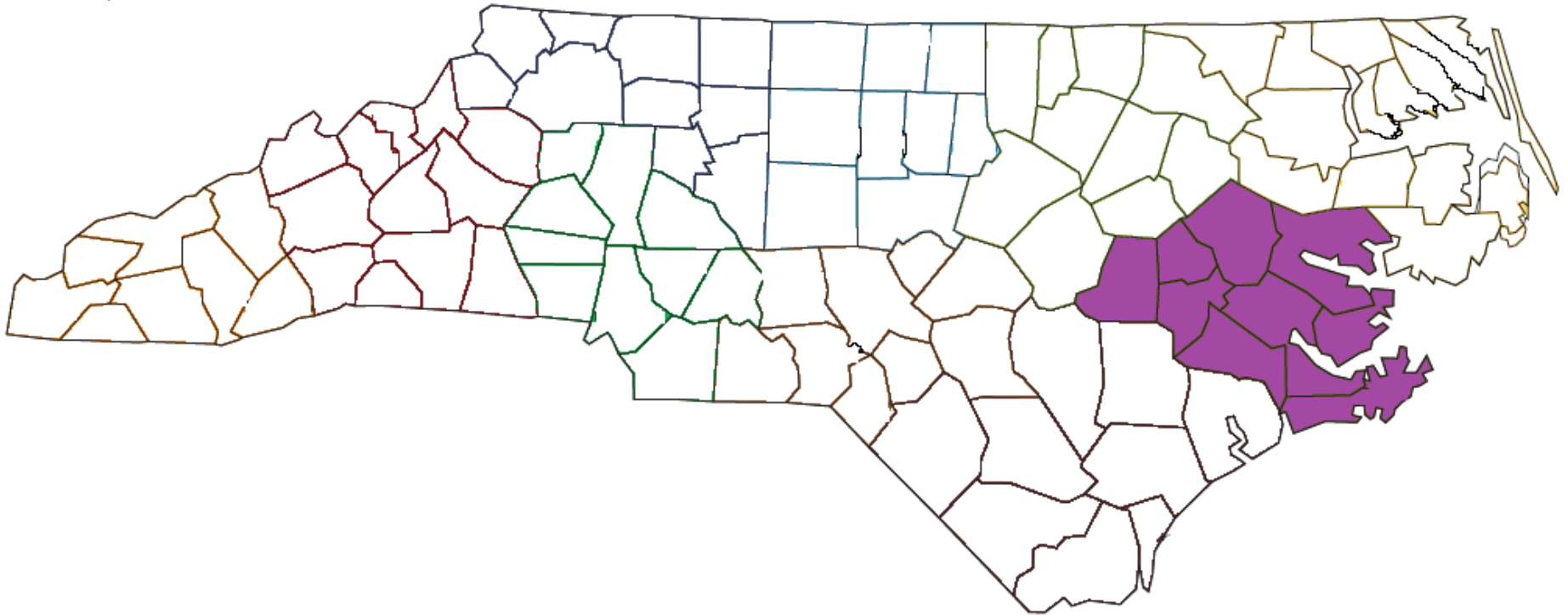


Region 10



HEALTHY EATING

CHOOSE LOCAL
CHOOSE FRESH
CHOOSE HEALTHY

LOCALSTRIDES
for COMMUNITY ADVANCEMENT

For more information and a list
of local produce outlets near you, visit

LocalStrides.com



Region 10 NC Community
Transformation Grant Project

ACTIVE LIVING

GET OUTSIDE
GET ACTIVE
GET HEALTHY

LOCALSTRIDES
for COMMUNITY ADVANCEMENT

For more information and a list
of active living resources near you, visit

LocalStrides.com

Region 10 NC Community
Transformation Grant Project

BREATHE EASY

BREATHE EASY
BREATHE CLEAR
BREATHE HEALTHY

LOCALSTRIDES
for COMMUNITY ADVANCEMENT

For more information about our
strides toward tobacco-free living, visit

LocalStrides.com



Region 10 NC Community
Transformation Grant Project

LocalStrides.com

HEALTHY EATING

Roadside Stand



Feast Down East



NEW MARKETS



More Farmer's Markets, Food Stands and Corner Stores



TOBACCO-FREE LIVING

Carteret was the first;
NOW Lenoir, Craven, Pitt, Pamlico,
and Beaufort

Pitt County Presentation



ACTIVE LIVING

Bike Ped Plans

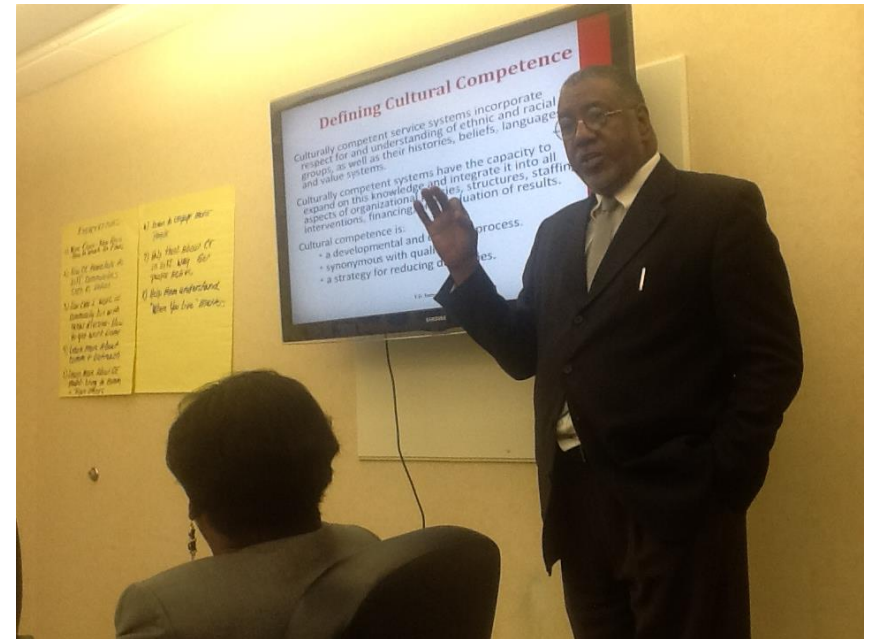
Loads of Planning



Yield Great results



Disparate Communities Workshop



And More Workshops



Region 10's Population Increase

Andrea's



Allison's

